

Nutrition Facts

Serving Size: 1 Cup (113g)

Servings per container: 4

Amount Per Serving

Calories 300 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 560mg **23%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 22g

Vitamin A 6% • **Vitamin C 6%**

Calcium 15% • **Iron 30%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4